I have conquered emotional eating.

In the past, I would use food to provide comfort in my life. Now, I eat to satisfy my hunger rather than my feelings. I can tell the difference between physical hunger and emotional hunger. The guilt of emotional eating is gone.

My relationship with food is healthy and I have the desire and willpower to continue this positive mindset. I enjoy being able to leave the old, needy mindset behind.

I recognize the triggers that lead to emotional eating and stop these triggers in their tracks. I am free of food cravings that tempt me to resort to my old ways. I use food to fill my stomach instead of some void in my mind.

I let go of using food as my coping mechanism. I experiment with other techniques for calming myself and dealing with stress. I meditate and exercise regularly.

I find effective ways to satisfy my emotional needs. I reach out to others for guidance and help with managing my emotions.

Today, I recognize my ability to overcome emotional eating and feel pride in my successful efforts. I have control over what I eat and when I eat it.

Self-Reflection Questions:

1. What are my triggers for emotional eating?
2. What diet or exercise changes can I incorporate to help me forget emotional eating?
3. What is my plan for learning new coping techniques?